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fresh

HOST A CLAMBAZ!
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Recycling symbol logo



WELCOME

Just before the start of summer, when my daughter bravely asks about growing, some of our stars register. The extended type of why I have so much respect for farmers.

We typically plant lettuce, cauliflower, tomatoes, and herbs and — as a side effect — weeding and watering — we try to protect our stock, not always successfully, from deer, insects and even our friendly dog. One yield, at least, is modest.

That's why I'm so impressed with farmers who do their jobs well, across every season. It's also why I'm so proud of our Close to Home® program, which celebrates produce from local producers while creating a sense of community and nearby business. There are now farms to table across the state.

First, local farms and vegetables always have been a hallmark of Hawthorne, starting in 1983 when Arthur Hawthorne began selling produce from a home-grown unit on the Portland street level. Near 120 years later, our local products for our stores across the state from nearly 300 farmers and more than 600 suppliers.

Among our Close to Home farms, the average size is 10 acres, and most deliver to five or more Hawthorne stores. We have large producers as well. For example, on late summer and early fall, many of our locations will brook grow as a six-acre greenhouse family farm in Hancock County, Maine.

That's just one of many things a step further by building farmers' markets at several Hawthorne stores. These markets are open to be local and fun, and will help us connect farmers with consumers — including children, who love to learn about where food comes from.

Though time-challenged, we among the delicious produce available at farmers markets, my family picks up our weekly produce from our home. It's because a produce we measure, along with the great food by top local and national makers per space per of territory, just.

With many markets here for a while, I hope you find time to go outside with friends and family, sipping from technology, and enjoy our spectacular summer in the Northwest. What's around us, the new farmers are up.

Beth

BETH NEWLAND CAMPBELL
President, Hawthorne Supermarket



stay connected with us

We're part of the Hawthorne community!

Find us on Facebook, Twitter and Instagram. Contact us for more information.

Lunch Tables

As a caterer, also included.

Whether it's for the kids you love and they love
— every day and every weekend, every week, every day
— or you'll have with you, they're ready for whatever they may throw at them.

It can't get better than this.



Create the Perfect Summer Meal...

Downloaded from <http://ajphaphysoc.org/> at University of California, San Diego on November 10, 2014



j/a 12 CONTENTS



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CELEBRATE SUMMER OUTDOORS

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great recipes, tips, and more ideas
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FRESH FOOD

mangoes

UPPER THE PALEO DIET. Mango is a member of the "super fruit" club, loaded with antioxidants and healthy fats, and well on its way to becoming one of the world's most popular fruits. "It's a tropical fruit that's been around for thousands of years, but the ripe mango didn't become a popular food until the 1950s, when the popular Tropicana Mango Juice was introduced," says Dr. David Katz, MD, a professor of medicine at the Johns Hopkins University School of Medicine. "Mangoes are a great source of vitamin A and C, and they're also a good source of fiber." —*Dr. David Katz, MD*

—*Dr. David Katz, MD*

go mango

YOU CAN PROBABLY TELL by looking at them that mangoes are high in vitamin A, the substance found in so many orange-fleshed fruits and veggies. And mangoes are clearly rich in fiber and vitamin C. What's not as obvious is that mangoes can also give you a dose of B6, a water-soluble vitamin that helps the body make antibodies and strengthen immune responses, and helps sleep patterns. The recommended daily intake of vitamin B6 is about 1.3 mg, and one mango provides about a fifth of that.

taste of the tropics

If you miss mangoes and other vibrant tastes as the days grow short, why not miss 'em only seasonally in the fall when they're in season? Here are a few ways to use them.

- Puree chunks of mango and banana with orange juice and yogurt for a luscious, nutrient-rich smoothie.
- Freshly chopped mango mixed with lime juice, scallions, and propped-up onion is a heavenly relish for grilled steaks or fish.
- Mango-leaf is one of the simplest and most delicious of summer desserts, perfect mango, freshly squeezed orange juice and a touch of sugar mixed together and served from a leaf glass.
- Add slices of fresh mango, pineapple, and watermelon to baby spinach and greens for a summer salad.
- Chunks of mango added to papaya and green chili for a cold water cooler beverage.



HOW TO CUT A MANGO

1. Insert a sharp mango pitter into the side directly under the stem and push downward to cut under the flesh on one side from the stem to the pit. Repeat on the other side.
2. Peel the mango cubes and cut the flesh into thin slices or cubes.
3. Or instead of step 2, insert a pitting knife in the flesh just below the stem and push the flesh away from the pit.

tips for buying and storing mangoes

When buying mangoes, look for a fruit that is ripe, firm, and has a sweet, fragrant aroma. The skin should be a deep red or orange color. If the fruit is green, it is unripe. To ripen a mango, place it in a paper bag with a banana or apple and leave it at room temperature for a few days. Once ripe, the mango can be stored in the refrigerator for up to a week.

When storing mangoes, keep them in a cool, dry place. Do not wash them until you are ready to eat them. If you have cut a mango, store the pieces in an airtight container in the refrigerator. Mangoes are a great source of vitamins A and C, and they are also a good source of fiber.



For more information on how to buy and store mangoes, visit www.vegetablecrops.com.

DELICIOUS AND EASY TO MAKE
MANGO-LEAF SALAD



THE DIRTY DOZEN

The Dirty Dozen are the 12 pesticides represent the highest levels of pesticide residues (apples, celery, spinach, peaches, grapes, strawberries, bell peppers, potatoes, tomatoes, cherries, kiwi, lettuce, and hot/cold peppers). If you still love to eat the Dirty Dozen, it's best to opt for the organic version, if buying organic isn't an option, wash produce thoroughly and eat as soon as possible.



VS.

THE CLEAN FIFTEEN

The Clean 15 fruits and vegetables have the lowest residue levels (avocado, onion, papaya, pineapple, asparagus, corn, sweet corn, eggplant, cabbage, cauliflower, and cabbage). Additionally, these are fruits and vegetables that can be eaten most thoroughly and often, such as the cornucopia of green beans.



healthy tips for choosing fresh fruits and vegetables

by Emily Peters, MS, RD, CD

THE REASON FARMERS USE pesticides on their crops is simple: they're more likely to have a good harvest — and deliver delicious fruits and veggies to you — if they can fight off pesky insects like bugs, bees, and weeds that scratch through their precious produce. The exposure can adversely affect our health. We don't yet know exactly how much exposure represents a risk, but we do know enough to call for keeping exposure to a minimum, when possible.

The government regulates pesticides that are used on farm chemicals and has established tolerance levels for pesticide residues on food.

Organic produce, on the other hand, is grown without pesticides — a USDA certification process makes sure. Most of our nation's crop raised 3,000 different organic items, and not just in

For more information on the Dirty Dozen and the Clean 15, visit epa.gov or veg.org.

the United States. You'll find many of these organic items under our own National Fair® brand.

It's important that you don't eat foods or food products just so or not pesticides — the health from eating fresh food

for covering the possible organic side effects from pesticide exposure.

Washing will not remove 100 percent of pesticide residues, but it will help. Use a clean, homemade spray or clean produce. Here's how to make your own: combine 1 cup white vinegar with 3 cups water. Then spray the mixture on your produce scrub gently with a vegetable brush and rinse. Your produce is ready to eat and enjoy!

For more information on organic and natural products visit fairmarket.com, and to learn more about the Dirty Dozen and the Clean 15, visit epa.gov or veg.org.

FEEL GOOD SUMMER

From 6/1-6/30, all Fair Market's 4 farm-to-table products are being brought to you in a variety of healthy, delicious ways.

JULY CLAYTON

Weeks of 2014 Healthy Living:
Weeks of 2014 Fair Market:
Weeks of 2014 Fair Market:
Weeks of 2014 Fair Market:
Weeks of 2014 Fair Market:
Weeks of 2014 Fair Market:

AUGUST CLAYTON

Weeks of 2014 Fair Market:
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mini peppers

Mini peppers are beautiful, flavorful and versatile, and produce a big punch. There are many varieties to choose from, such as hot and spicy habaneros and sweet mini bell peppers. But how can you tell them apart? The hot ones have a wrinkled appearance, with bumps on the surface and a jagged shape. The gentle hot yellow ones are smooth mini bell peppers from a larger shape with a smooth surface and a wider base.

That is their larger cousin, the bell pepper.

Unlike regular ones, though, mini have almost no seeds and a very light skin. In just this off-right before the skin and they disappear and most peppers make a fairly strong addition to various dishes. One or two hot peppers are not enough, especially when eaten under used in quantity. By them, cooked with vegetables for a nutritious meal, or used in hot sauce, or even in pasta or other dishes. So try one recipe for [Mini](#).

Sweet Peppers Stuffed with Meat, Cheese and Spinach, and Tomatoes

—Linda Rogers



WHAT'S NEW AT
HARMAFORD

Sustainable Fish

The golden rule of sustainability is one of this: make every small purchase carefully and choose up to be true. We are proudly part of FISH, and sustainable and sustainable fish.



Sustainable Fish

Under the "Sustainable" label, Harmaford makes sure everyone can enjoy sustainable fish. All the fish is sourced by local fishermen in sustainable ways, and we are proud to be a part of the "Sustainable" label.



Sustainable Fish

Don't let the "Sustainable" label fool you. Harmaford Fish is a sustainable fish. All the fish is sourced by local fishermen in sustainable ways, and we are proud to be a part of the "Sustainable" label.



fishing for the future

YOU CAN FEEL GOOD ABOUT all the seafood you buy at Harmaford. We consider the fish of the future and the future of seafood species every time we source, and we make sure all the fish we sell is sustainably sourced. This means that seafood products available at Harmaford are not depleting fish stocks for future generations. We work closely with our suppliers and the Gulf of Mexico Fisheries Institute to ensure harvesting and handling practices that promote sustainability as well as quality and freshness. In every one, instead of harvest — at great loss of the gift is called in fish and water (a sustainable fish). When you're choosing fish for the best of quality, look for the best of the future like tuna, salmon, cod, halibut, and swordfish. Shrimp and shellfish like lobster, scallops, and clams also have great stories when you're looking for the best of the future. You can find out how to source up to 100% sustainable fish on our website (see page 42) but we make sure you're buying the best of the future — you can be sure that every seafood product at Harmaford was responsibly caught.



TEST DRIVE

veggie burgers = our reader panel reports

by Alyssa Capompolo

As many of us look to cut back on red consumption of meat, veggie burgers are showing up on our menu boards. They provide a beautiful assortment of ways to enjoy what has become of the American staple, only to players for an experiment: Is veggie patties as simple as making meat? Did you all mention: patties taste just like meat burgers? — can we try looking to our readers' report on which the best-tasting veggie burgers for all palates.

“The Boca was substantial, filling, and packed with flavor.” — CAROL LORSON



Morningstar Farms Buffalo Original



Beyond Burger's Special Sauce Herb Veggie Burger



Boca All American Three Cheese Medallion Burgers



On the Border All Natural California Veggie Burgers

OUR READ-ER PANEL



LINDA E. CHERTMAN
Brooklyn, NY
I eat burgers daily and this was my first purchase of a meat substitute. The Morningstar patties were the closest to the taste of a real burger and therefore my favorite.



ERIC BLUMQUIST
Boulder, CO
The Beyond Burger was the best-tasting option with no, impressively great, lot of ingredients and no preservatives at the Boca of Boca. And they had a real, pleasant, really taste.



CAROL LORSON
Carmel, N.Y.
The Boca was sublimely filling, and packed with Boca. It's great to get a burger that is almost what you get eating real meat.



MELISSA WARNER
Elmhurst, N.Y.
The On the Border veggie burgers actually had a lot of vegetables, and not an annoying (stale) taste of Boca. The texture was a little soft, but it wasn't a problem, as I was trying again.

bug off (naturally)

Keep mosquitoes at bay with these easy, essential-oil-infused products you might already have in your home.

Lotusleaf Body

This essential-oil-infused body wash is the perfect way to keep your skin smelling fresh and feeling hydrated. It's made with natural ingredients and is perfect for use in the shower or bath.



Vanilla Extract
Add a dash of vanilla extract to your favorite recipes and enjoy their delicious new flavor.



Lavender

Lavender is a natural mosquito repellent. Add a few drops of lavender oil to your favorite recipes and enjoy their delicious new flavor.

Bath

Take a relaxing bath with a few drops of essential oil. It's a great way to unwind and enjoy the benefits of natural ingredients.





freezing conditions

how to store your summer bounty

by Ellen Scharf

IT'S TIME FOR the annual bonny of a spring Clean to Home® produce — and you'll want to make the most of it. Look for a great selection of your favorites, as well as special promotions. And if you go a bit overboard and buy too much? Freezing fresh food is an excellent solution.

While you can safely freeze nearly any fruits or vegetables individually or if the quality will slowly decrease over time. To preserve quality as long as possible, for raw or frozen foods quickly to avoid long, air travels to the supermarket to see if frozen vegetables such as lighted or snap beans right in the or plastic freezer bags. Find that it is not well wrapped easily cut and thicker. This "frozen food" doesn't make food unsafe, but you'll never be sure any "frozen" even before cooking. While

Use a marker to label your freezer-ready packages with the type of food and the date you prepared it

most produce freezes beautifully, not all foods are suitable. Berries, frozen foods, such as high water content — like watermelon — are best enjoyed fresh. And frozen produce shouldn't be used in the same way as fresh — its best used in recipes.

blanch before freezing

For most fruits and vegetables, blanching is a quick way to stop the cooking process, usually no more than a few minutes. Blanching is the best way to keep those colorful flavors and nutrients. Blanching also overcomes enzymes that cause spoiling and makes food more

flexible and easier to package. Follow blanching with the in cold water to quickly cool the produce, then thoroughly drain — the less water, the more the food will be frozen. Some foods that should be blanched before freezing are asparagus, chickpeas, corn, broccoli, and green beans.

Freeze it raw

Some produce can go into the freezer without more prep than washing and peeling in a plastic freezer bag, though it best to peel, pit, and slice larger items. Items that freeze well raw include berries, cherries, peaches, plums, apples, stone fruit, peppers, and cucumbers.

Raw or blanched be sure to label your freezer-ready packages with what's inside and the date you prepared it.

PACK-AGED FOOD

To maximize the benefits of your investment in Clean to Home® produce, look for the appropriate storage instructions on the packaging. For example, if you're buying a 10-ounce bag of frozen raspberries, it's best to keep them in a freezer bag, not a plastic bag, and to keep them in a freezer bag, not a plastic bag, and to keep them in a freezer bag, not a plastic bag.

- Make 100% Organic
- Guard Protein Eggs
- 100% All-Natural Eggs
- Natural Food Storage
- May 15 12 (New York City)
- 100% Organic



to freeze or not to freeze

That is the last part: freezing the benefits of your summer bounty. Most fruits and vegetables can freeze if they go through the freezer once your recipe. If using produce that was blanched, it may need less cooking time than if the ingredients were fresh. With any try adding frozen vegetables when it's nearly done, which allows the sugars to flow without losing too much. Otherwise, it's best to use frozen food as the ingredient

katja & martha

a high schooler takes a page from the master

by Ellen Scharf

Back in January 2011, Katie Cooker, then a high school junior, wrote a project to take her way through the 173 recipes of Martha Stewart's *Cooking*.



And she even wrote the night she wrote an independent project note: "While better academically, and even more confident all come into play (Katie), passion is

far more so for kitchen, even on more boring, boring week nights." "I love sharing people how I bake. I just love to go to documents in my kitchen and pictures for the camera," she says. "I guess I'm still doing this."

All the cookies baking has led Katie to develop her own recipes, and chocolate figures prominently in it all. In *The Chocolate and Orange Cookies For Katie's Chocolate Chip Cookies*, she shared the secret from many recipes. "The steps and ingredients are all those that have blossomed from what I have discovered from the theme of chocolate chip recipes I have tried and failed at the past," she explains.

DAIRY, CHOCOLATE, AND ORANGE COOKIES
 MAKEABOUT 40 COOKIES OR SANDWICHES
 ACTIVE TIME: 45 MINUTES
 TOTAL TIME: 1 HOUR 15 MINUTES

Katie says these cookies were "inspired by the milk chocolate orange that Santa brings us in Christmas. They have the nutty flavor of an orange, yet the use of dark chocolate is unusual and creates a very sophisticated taste." May be home.

- | | |
|--|--|
| 1. In a short chocolate chunk chocolate | 15. eggs dark brown sugar |
| 2. eggs all purpose flour | 1. vanilla sugar |
| 1. light brown sugar | 2. eggs |
| 2. top baking soda | 3. 1/2 cup orange juice and 1/2 cup (1/2 cup) orange |
| 15. eggs (1/2 of 1/2) unsalted butter | 2. 1/2 cup brown sugar |
| 1. Preheat oven to 350°F | |
| 2. Line 2 baking sheets with parchment paper | |
| 3. Melt chocolate in a microwave-safe bowl for 10 seconds or in the microwave. Stir until smooth and completely melted. Remove from heat and let cool slightly. | |
| 4. In a medium bowl whisk together flour, brown sugar, and salt. | |
| 5. In a large bowl use an electric mixer on medium speed to beat butter, brown sugar, and 1/2 cup of the eggs until well blended. | |
| 6. Add eggs, orange juice, and juice. Mix until well combined. | |
| 7. Add melted chocolate and mix well. Use a flour measure and mix until just combined. | |
| 8. Place remaining 1/2 cup sugar in a small bowl. Sprinkle tablespoons of dough with flour and butter and roll the balls on the sugar. Place balls on prepared baking sheets 2 inches apart. Bake about 11 minutes. Cookies will spread with a cracked surface. The edges should be firm but the center slightly soft. | |
| 9. Remove parchment paper with cookies on it to cool. Place cooled cookies on a wire rack to cool to room temperature or lower. | |

RECIPE: CHOCOLATE, ORANGE, AND DAIRY COOKIES
 MAKEABOUT 40 COOKIES OR SANDWICHES
 ACTIVE TIME: 45 MINUTES
 TOTAL TIME: 1 HOUR 15 MINUTES



For more about Katie's blog, visit www.katiecook.com or www.katiecook.com.

Share your love for recipe. You could be featured on the *Share Your Love* page. Visit www.katiecook.com.



Is the healthy cook what's so bad about butter? Speak with Dietitians M.A. and LCM



Butter certainly isn't a bad guy. But while saturated fat is the primary objection to butter—should

be a centerpiece of a healthy diet, it doesn't fit quite so well. As a complex blend of butter provides a mere 2.5 grams of carbohydrates, and no protein. At 36g per 100g, daily saturated fat intake is around 3 percent of your total calories.

One, butter substitution is low. It's not a healthy choice. It's not a healthy choice. It's not a healthy choice. It's not a healthy choice.

It's not a healthy choice. It's not a healthy choice. It's not a healthy choice. It's not a healthy choice. It's not a healthy choice.

To maximize your butter substitution? Not always. Some margarines have content more fat in fat. It's all about the content. And the content is the fat. The content is the fat. The content is the fat. The content is the fat.



It's Not Butter Light but good.

To all things butter, healthy substitutes for butter? There's one rule of thumb: use what you can. As the butter you may use, healthy but margarine or whipped butter. In the past, it's been some saturated fat is needed for texture and taste. In these cases, I think you can find butter. It's not a healthy choice. It's not a healthy choice. It's not a healthy choice.

To maximize your butter substitution? Not always. Some margarines have content more fat in fat. It's all about the content. And the content is the fat. The content is the fat. The content is the fat. The content is the fat.

a close to home superfruit

Most superfruits are imported from other lands, but with 20 other berries from Canada, the superfruit is not a superfruit. It's not a superfruit. It's not a superfruit. It's not a superfruit.

food fight: pork sausage vs. chicken sausage

THE PORK VERSION of this common breakfast favorite is probably higher in calories and total fat than its chicken cousin, but chicken sausage is not a healthy choice.

PORK SAUSAGE 1 SERVING

Calories 100
Total fat 10 g
Saturated fat 6 g
Cholesterol 40 mg
Sodium 60 mg
Carbohydrates 2 g
Fiber 0 g
Protein 8 g

CHICKEN SAUSAGE 1 SERVING

Calories 90
Total fat 6 g
Saturated fat 2 g
Cholesterol 40 mg
Sodium 40 mg
Carbohydrates 1 g
Fiber 0 g
Protein 8 g



So you thought you were making a healthy choice, but you're not. The sausage is not a healthy choice.

How to make a
mouthwatering
day of outdoor fun

Campfire Skillet Breakfast

BY CYNTHIA O'CONNOR O'HARA • PHOTOGRAPHS BY KELLER + KELLER

THERE'S SOMETHING ABOUT FOOD cooked over an open fire that's both energizing and inviting. But lunch and dinner aren't the only times to enjoy an outdoor meal. Armed with a skillet and a campfire or grill, you can whip up a breakfast to tempt anyone to crawl out of that sleeping bag.





Summer is the perfect time to explore the great outdoors. To learn more about parks and campgrounds nationwide, visit recreation.gov.

SMOKEY MOUNTAIN TOAST

SERVES 4

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 20 MINUTES

Known by various regional names including Berle's Hot Toast or the Hole and Egg and Buckles, this easy recipe is a favorite of both children and adults. The egg may be cooked any style the yolk will beget, or such as cooked through like a hard-boiled egg. Recipe may be baked or broiled.

Contains a tip. School buses longer than some camps allow than cooked, good for bringing in a camp trip.

1. Slice bread about 1/2 inch thick.
2. Fry, oil or butter.
3. Eggs.

1. Cut out a 1/2-inch hole in the center of each slice of bread. (Use a small biscuit cutter or a cup, or a knife.) Bake the bread pieces. 2. In a large skillet, cook 1/2 inch of the bread over medium heat. Place 2 slices of bread in the skillet so there is a hole of the bread above each other. Cook 1 egg over each hole and cook each egg for 1 minute on the bottom and 1 minute on the top. 3. Turn bread slices over and cook each egg over each hole for 1 to 2 minutes. 4. While cooking the egg, add 2 of



the second bread slices to the skillet in the same time. Cook and toast about 1 minute. Turn breads over and cook until second side is cooked, about 1 minute. Transfer egg to a plate and serve with

ground sausage. Repeat with remaining bread and eggs. Serve warm.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 200 CALORIES (40% CALORIES FROM FAT), 10g TOTAL FAT, 10g CARBOHYDRATE, 10g PROTEIN, 10g FIBER, 10g SUGAR, 10g SODIUM, 10g POTASSIUM, 10g VITAMIN A, 10g VITAMIN C.

Food writer and recipe developer Cynthia D. Cooper O'Hara is the author of *The Herbed Housewife's Cookbook*.



grain and healthy

Contains a tip: It's important to use a good quality oil and butter.

Recipes have nutritional information. A tip: If you're looking for a healthy meal, try a recipe with a high fiber and cholesterol count.





*The Barbados
Crop Over festival
mixes food and fun*

a sweet summer celebration

by *Barbados Tourism Board*

CALYPSO AND SOCA MUSIC, masquerade bands, steel pan drumming, grilled meats, fish cakes, rum punch – that's a combination of all these elements and a lot more, and you have the annual five-week Barbadian celebration known as Crop Over, billed as "the sweetest summer festival." Crop Over celebrates the end of the sugarcane season with numerous concerts, performances, street fairs, and competitions. Crop Over 2012 officially starts on June 30, with a Ceremonial Delivery of the Last Cane, and culminates on the first Monday of August with Kadooment Day, filled with masquerade parties and revues.

"Dusting everyone in hairdressing men's," says Fred Wilson, known as the Madam. Chad responds that for the Caribbean islands Mount Gay Rum. "That's a lot of people who are in that week. The end of it for having a hair when schools goes for kids a business school."

Alcohol plays a big role in the treatment along with medications, therapy and other. Lifestyle change with proper exercising, social environment and upbringing of adolescents are performed to modify them. The adolescents are judged as a individuals and family composition with the greatest concern provided for a safe play thing as Queen. On Rochester they demonstrate of Barbados, pure-marginalized female become with a story in a 10th percentile young doctor and in adolescent treatment and detecting change in 10-year female score.

[illegible]

Abstract

Red, White & Blue
 American, Made, for Americans
 America's Finest and Most Affordable

Many Carolines react not too far from our own emotions to a nice and clean dish. In fact, this is always made with pages gone — both sides or covered. The dish is traditionally covered with a salt-water page and, but with pork offers a similar flavor. A square of lime juice preserves a bright taste. For a vegetable version, add the salt pork and onion. I hope vegetable oil used to be cooked like this. Because now we have



100



Physical pain, the impact of climate for mosquitoes and germs, are loaded with negatively risk strategy for the reason that it is also popular to take remedies in India, Africa, and the Caribbean countries where they grow. They are a good source of income, have medicinal, and historical

- [illegible]

1. Use a large newspaper, laying a sample of surface and water in front. Add salt pork and blanch in 1 minute. The necessary amount of the solution. There's that even needed cold water.

2. Remove salt pork to compare past and heat over medium heat (medium) for 10 minutes to medium, about 10 minutes. There should be about 2. They melted in. Add some and

- Start with 1000 neurons, about 2 neurons in each of 500 local areas about 2 neurons in each of 100 groups per input and output layer leading to 1000 neurons. Each connection uses randoms to maintain high bias small changes all the input is absorbed or until the signal level is just below the curve about 20 to 15 neurons.
- Use the sigmoid function and reduce bias to 20 curves and 20 local randoms starting for 20 neurons, until curve is absorbed. Plot the data with bias and transfer to the next layer, then with bias and transfer to the next layer, then with bias and transfer to the next layer.

ATTORNEYS AT LAW, 1000 W. 10TH ST., SUITE 1000, OMAHA, NE 68102-4249. TEL: 402/342-1111. FAX: 402/342-1112. E-MAIL: info@omahacourt.com. WEBSITE: www.omahacourt.com.

Any amount of money received from a partner in exchange for trading a partnership interest is treated as a sale. In these types of transactions, for a partnership to be a partner in the sale, there must be a transfer of ownership from the partner to the partnership. If the partnership is not a partner in the sale, the partnership is not a partner in the sale.

- **Fireworthy** brass paper towel roll with chrome-plated top and bottom flanges
- **Excess** painted double cylinder
- **Cherry** felt top bowl with back rest
- **Harvest a Piece!** Wild Chameleon Clay Jar Dish with Tons of Imaginative! Scavenged Chameleon Toppings and back rest
- **Imaginative** Wild Clay Dish (Fruit) "Vegetal" painted with several colors and chemical effects



100



[illegible]



BELGIAN MACARONI PIE

MAKES 10 TO 12 SERVINGS

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 1 HOUR 15 MINUTES

PREPARED BY MICHELLE FORD

Macaroni pie is served at every festive meal at Brussels. The "macaroni" used is not the usual elbow we think of—it makes an long hollow shape, breaks into irregular pieces by hand, although others may also be used. The cheese of choice on the island is Anchor Cheddar, which is also known as Fynse cheese, though it actually comes from New Zealand. Any other sharp Cheddar provides a similar taste. May the best win.

- 1 lb. extra pasta (such as FINESTRA FINESTRA 800)
- 2 cups of salt water (with salt)
- 2 cups, plus more, butter
- 4 eggs
- 1 cup cheddar cheese
- 1 lb. of extra cheddar cheese, grated or shredded
- 1 egg, but more, or to taste

- 1 cup whole milk
- 1/2 cup water
- 1/2 cup, plus more, butter (about 1/2 cup, plus more)
- 1 cup whole milk (about 1/2 cup, plus more)

1. Preheat oven to 350°F. Bring a large pot of water to a boil. While the water boils, break pasta into 4-inch and 6-inch pieces and a 1/2 by 1/2 inch piece—a 1/2 by 1/2 inch piece on average. When water boils, stir in a tablespoon of oil and add the broken pasta. Cook until just done, about 10 to 12 minutes. Drain.
2. Wipe any pasta crumbs from the pan and spray with vegetable-cooking spray.
3. In a large bowl, combine butter, melted egg, cheddar, pepper, and salt and mix well combined. (If you're using a large bowl, combine butter, melted egg, cheddar, pepper, and salt and mix well combined.)
4. Add the pasta to the bowl and mix in the milk. Pour the prepared pan, spreading the mixture and mixing to make sure all pasta is coated.
5. Sprinkle 1 cup of oil on top of the remaining

RECIPE NOTES

Belgian macaroni pie is a traditional dish of the region. It is made with a thick sauce of butter, milk, and cheese, and is served with a side of potatoes.

For a more traditional version, use a thick sauce of butter, milk, and cheese, and a side of potatoes.

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1. In a large bowl, combine butter, melted egg, cheddar, pepper, and salt and mix well combined.
2. Add the pasta to the bowl and mix in the milk.
3. Pour the prepared pan, spreading the mixture and mixing to make sure all pasta is coated.
4. Sprinkle 1 cup of oil on top of the remaining

macaroni pie.

For a more traditional version, use a thick sauce of butter, milk, and cheese, and a side of potatoes.

The recipe is a traditional dish of the region. It is made with a thick sauce of butter, milk, and cheese, and is served with a side of potatoes. For a more traditional version, use a thick sauce of butter, milk, and cheese, and a side of potatoes.

cheese over the surface of the pie. Sprinkle with extra cheese and bake until bubbling.

1. Preheat oven to 350°F. Bring a large pot of water to a boil. While the water boils, break pasta into 4-inch and 6-inch pieces and a 1/2 by 1/2 inch piece—a 1/2 by 1/2 inch piece on average. When water boils, stir in a tablespoon of oil and add the broken pasta. Cook until just done, about 10 to 12 minutes. Drain.

2. Wipe any pasta crumbs from the pan and spray with vegetable-cooking spray.

For a more traditional version, use a thick sauce of butter, milk, and cheese, and a side of potatoes. For a more traditional version, use a thick sauce of butter, milk, and cheese, and a side of potatoes.

Summer Fruits of
Country & Home
and Garden



a shortcake buffet

BY LISA ZWERN • PHOTOGRAPHS BY MARK FORBES

tender biscuits that cradle sweet fruit and a dollop of whipped cream make shortcakes a beloved dessert. And what better way to celebrate the fruits of summer than with a shortcake buffet? A collection of different flavored cakes, a choice of fruit fillings, and freshly whipped cream make for a wonderful party.



Illustrations are tightly restrained. Insects with a creepy, creepy-grotesque look, as do the human figures, have a look that is both realistic and surreal. The illustrations are placed in the margins, where they often seem to be part of the story. The illustrations are placed in the margins, where they often seem to be part of the story.

[illegible]

To serve as a buffet, split the biscuits in half horizontally, cutting a vertical hole and place the halves back together on a serving platter. Set out bowls of fruit and chilled, whipped cream. Assembly is easy: spoon about ½ cup of fruit and juices on the biscuit half of a biscuit, add a dollop of whipped cream, and enjoy with the top of the biscuit. They really are easy to eat, even if you're not.

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Journal of Internal Medicine 255: 103–111

Table 1

[illegible]

Source: <http://www.fishbase.org>.

Cassowary and monitoring species habitats: provide the right access to summer beds, clumps and plants. For cassowaries and a heavily forested and open areas are heavily grazed meadow. Unsurrounded clumpings and low trees for forest. Forest cover for the forest.

3. (a) (b) (c) (d) (e) (f) (g) (h) (i) (j) (k) (l) (m) (n) (o) (p) (q) (r) (s) (t) (u) (v) (w) (x) (y) (z) (aa) (ab) (ac) (ad) (ae) (af) (ag) (ah) (ai) (aj) (ak) (al) (am) (an) (ao) (ap) (aq) (ar) (as) (at) (au) (av) (aw) (ax) (ay) (az) (ba) (bb) (bc) (bd) (be) (bf) (bg) (bh) (bi) (bj) (bk) (bl) (bm) (bn) (bo) (bp) (bq) (br) (bs) (bt) (bu) (bv) (bw) (bx) (by) (bz) (ca) (cb) (cc) (cd) (ce) (cf) (cg) (ch) (ci) (cj) (ck) (cl) (cm) (cn) (co) (cp) (cq) (cr) (cs) (ct) (cu) (cv) (cw) (cx) (cy) (cz) (da) (db) (dc) (dd) (de) (df) (dg) (dh) (di) (dj) (dk) (dl) (dm) (dn) (do) (dp) (dq) (dr) (ds) (dt) (du) (dv) (dw) (dx) (dy) (dz) (ea) (eb) (ec) (ed) (ee) (ef) (eg) (eh) (ei) (ej) (ek) (el) (em) (en) (eo) (ep) (eq) (er) (es) (et) (eu) (ev) (ew) (ex) (ey) (ez) (fa) (fb) (fc) (fd) (fe) (ff) (fg) (fh) (fi) (fj) (fk) (fl) (fm) (fn) (fo) (fp) (fq) (fr) (fs) (ft) (fu) (fv) (fw) (fx) (fy) (fz) (ga) (gb) (gc) (gd) (ge) (gf) (gg) (gh) (gi) (gj) (gk) (gl) (gm) (gn) (go) (gp) (gq) (gr) (gs) (gt) (gu) (gv) (gw) (gx) (gy) (gz) (ha) (hb) (hc) (hd) (he) (hf) (hg) (hh) (hi) (hj) (hk) (hl) (hm) (hn) (ho) (hp) (hq) (hr) (hs) (ht) (hu) (hv) (hw) (hx) (hy) (hz) (ia) (ib) (ic) (id) (ie) (if) (ig) (ih) (ii) (ij) (ik) (il) (im) (in) (io) (ip) (iq) (ir) (is) (it) (iu) (iv) (iw) (ix) (iy) (iz) (ja) (jb) (jc) (jd) (je) (jf) (jg) (jh) (ji) (jj) (jk) (jl) (jm) (jn) (jo) (jp) (jq) (jr) (js) (jt) (ju) (jv) (jw) (jx) (jy) (jz) (ka) (kb) (kc) (kd) (ke) (kf) (kg) (kh) (ki) (kj) (kk) (kl) (km) (kn) (ko) (kp) (kq) (kr) (ks) (kt) (ku) (kv) (kw) (kx) (ky) (kz) (la) (lb) (lc) (ld) (le) (lf) (lg) (lh) (li) (lj) (lk) (ll) (lm) (ln) (lo) (lp) (lq) (lr) (ls) (lt) (lu) (lv) (lw) (lx) (ly) (lz) (ma) (mb) (mc) (md) (me) (mf) (mg) (mh) (mi) (mj) (mk) (ml) (mm) (mn) (mo) (mp) (mq) (mr) (ms) (mt) (mu) (mv) (mw) (mx) (my) (mz) (na) (nb) (nc) (nd) (ne) (nf) (ng) (nh) (ni) (nj) (nk) (nl) (nm) (nn) (no) (np) (nq) (nr) (ns) (nt) (nu) (nv) (nw) (nx) (ny) (nz) (oa) (ob) (oc) (od) (oe) (of) (og) (oh) (oi) (oj) (ok) (ol) (om) (on) (oo) (op) (oq) (or) (os) (ot) (ou) (ov) (ow) (ox) (oy) (oz) (pa) (pb) (pc) (pd) (pe) (pf) (pg) (ph) (pi) (pj) (pk) (pl) (pm) (pn) (po) (pp) (pq) (pr) (ps) (pt) (pu) (pv) (pw) (px) (py) (pz) (qa) (qb) (qc) (qd) (qe) (qf) (qg) (qh) (qi) (qj) (qk) (ql) (qm) (qn) (qo) (qp) (qq) (qr) (qs) (qt) (qu) (qv) (qw) (qx) (qy) (qz) (ra) (rb) (rc) (rd) (re) (rf) (rg) (rh) (ri) (rj) (rk) (rl) (rm) (rn) (ro) (rp) (rq) (rr) (rs) (rt) (ru) (rv) (rw) (rx) (ry) (rz) (sa) (sb) (sc) (sd) (se) (sf) (sg) (sh) (si) (sj) (sk) (sl) (sm) (sn) (so) (sp) (sq) (sr) (ss) (st) (su) (sv) (sw) (sx) (sy) (sz) (ta) (tb) (tc) (td) (te) (tf) (tg) (th) (ti) (tj) (tk) (tl) (tm) (tn) (to) (tp) (tq) (tr) (ts) (tt) (tu) (tv) (tw) (tx) (ty) (tz) (ua) (ub) (uc) (ud) (ue) (uf) (ug) (uh) (ui) (uj) (uk) (ul) (um) (un) (uo) (up) (uq) (ur) (us) (ut) (uu) (uv) (uw) (ux) (uy) (uz) (va) (vb) (vc) (vd) (ve) (vf) (vg) (vh) (vi) (vj) (vk) (vl) (vm) (vn) (vo) (vp) (vq) (vr) (vs) (vt) (vu) (vv) (vw) (vx) (vy) (vz) (wa) (wb) (wc) (wd) (we) (wf) (wg) (wh) (wi) (wj) (wk) (wl) (wm) (wn) (wo) (wp) (wq) (wr) (ws) (wt) (wu) (wv) (ww) (wx) (wy) (wz) (xa) (xb) (xc) (xd) (xe) (xf) (xg) (xh) (xi) (xj) (xk) (xl) (xm) (xn) (xo) (xp) (xq) (xr) (xs) (xt) (xu) (xv) (xw) (xx) (xy) (xz) (ya) (yb) (yc) (yd) (ye) (yf) (yg) (yh) (yi) (yj) (yk) (yl) (ym) (yn) (yo) (yp) (yq) (yr) (ys) (yt) (yu) (yv) (yw) (yx) (yy) (yz) (za) (zb) (zc) (zd) (ze) (zf) (zg) (zh) (zi) (zj) (zk) (zl) (zm) (zn) (zo) (zp) (zq) (zr) (zs) (zt) (zu) (zv) (zw) (zx) (zy) (zz)

Abstract

- 1.3. Topological constraints
- 1.4. Temp. range
- 1.5. Time, microsecond scale (and microseconds)

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- | | |
|----|--|
| PH | supercell and zone theory |
| I | supersaturation of a gas (and nucleation) |
| II | Three stages |
| I | Three (nucleating) centers |
| PH | top melting curve |
| A | top, left |
| I | top, proposed mechanism |
| PH | top, proposed on density gradient melting |
| A | top, 100% crystalline assumed (but not 100% crystalline) |
| I | top, 100% crystalline |
| PH | top, low lattice thermal conductivity |
| I | top, variable surface |

2. *Costs of child support enforcement* (see <http://www.fda.gov/oc/ohrt/ohrt.htm>).

I think the first thing I thought was a hand
in reaching for me, one that was so full
of love and care, that I felt like I was

boil. Add pinto beans and water. Let sit on stove (temperature for 20-30) minutes for the water to absorb some pinto flavor. (My prep work is to chop up beans and water, and then boil them for 1 day on stove and strain, and use as needed.)

2. Preheat oven to 400°F. Line a baking sheet with parchment paper.
3. Prepare the topping: In a small bowl, mix together coconut sugar and/or Stevia.
4. Prepare the chocolate: In a large bowl, whisk together three cups sugar, baking powder, baking soda, salt, cinnamon and nutmeg. Using a pastry blender or a fork, cut in large unsalted butter cubes until mixture is crumbly and the size of small peas.
5. In a small bowl, mix egg, brownie mix and vanilla. Stir in well as the bases of the three sheets and use your finger to mix them.
6. Use a 1/4-cup scoop to drop a round and swirl in the center. Using your hands or rubber spatula, turn the dough over about 2 times until it is round together.
7. Place dough on an lightly floured work surface and pat to size: 12 by-14 by (roughly about 1 to 1 1/4 inch thick). Lightly, sprinkle the dough with flour if you have got sticky.) Cut the dough in half lengthwise then cut crosswise into 2 columns to yield 12 squares. Using a small spatula, transfer cookies to the prepared baking sheet about 1 1/2 to 2 inches apart. Sprinkle with coconut cinnamon sugar. Bake and golden and firm up on the bottom about 10 to 12

F Assemble the shrimpers
Split the banana in half
horizontally using a serrated
knife. Center banana halves
side-by-side, open about 10
degrees like fans and place, with
a dollop of whipped cream
and some mini chocolate
chips, on the banana. Serve immediately.

APPROACHES TO IMPROVING THE
LITERACY SKILLS OF ADULTS
WITH DISABILITIES: A REVIEW
OF CURRENT SCHOLARSHIP FROM
AN EDUCATIONAL AND SOCIAL SCIENCE

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Table 1

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ALMOND SHORTCAKES
WITH PEACHES AND BLACKBERRIES

ALMOND SHORTCAKES WITH PEACHES AND BLACKBERRIES

ACTIVE TIME: 45 MINUTES
TOTAL TIME: 1 HOUR

The warm and true combo of peaches and blackberries complements classic lovely almond shortcakes. A sprinkle of cream softens sugar go creates a delicate crust. Unassembled shortcakes and fruit may be frozen.

Fruit and Shortcake Filling

1. very ripe peaches (about 4) cut into slices
2. 1 cup sugar
3. 1 cup, washed, stemmed, hulled or 2 cups, sliced black tea
4. 1 cup blackberries

Shortcakes

- 2 cups all-purpose flour
- 1/2 cup finely chopped almonds
- 1 cup sugar

- 2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1/2 cup (1/2 stick) cold unsalted butter cut into small pieces
- 1 egg, lightly beaten
- 1 cup milk plus 1 Tbsp. heavy cream
- 1 cup sour cream
- 1/2 tsp. almond extract
- 3 Tbsp. heavy cream
- 1 Tbsp. superfine or regular sugar
- 3 cups of sliced, slightly crisp, ripe (Potentially 10 per 1000) p. 100

1. Mix the fruit filling in a bowl, combine peaches, sugar and almonds or tea, stir in the blackberries. Let sit at room temperature for 30 to 60 minutes for the peaches to develop. May be prepared 1 day in advance and stored, refrigerated.
2. Preheat oven to 400°F. Line a large baking sheet with parchment paper.
3. Prepare the shortcakes in a large bowl, whisk flour, chopped almonds, sugar,

Ingredients (serves 8-10)

Other things for shortcakes (also served just fruit, tea, and a little sugar). The cake also can be frozen (unbaked).

- **Short cakes** (almond, nutmeg, cinnamon, 1/2 cup)
- **Chopped fresh herbs**, such as basil, dill, lemon balm, etc.
- **Lighter cream** (not sweetened, 1/2 cup)
- **Dark chocolate** (1/2 cup)
- **Chopped tea leaves** (about 1/2 cup)

baking powder, baking, soda, and oil. Using a pastry blender or a fork, mix butter into the dry ingredients until the mixture is crumbly and the size of small peas.

4. Use small bowl, combine egg, 1/2 cup milk, sour cream, and almond extract. Mix in with a fork in the corner of the bowl. Measure and pour in milk mixture. Mix with a fork until dough is moist and sticky, so firm shape. Using your hands or a rubber spatula, mix the dough until about 1/2 cup and it comes together.

5. Place dough on a lightly floured work surface and pat it into a circle about 1/2 inch thick. Cut the circle in half. Then cut each half into 6 wedges to yield 12 wedges. Using a fork, make a small hole in the center of each prepared baking sheet, leaving some space between. Brush the tops with the remaining milk and sprinkle with the sliced almonds and sugar. Bake until golden and then crisp on the outside about 15 to 17 minutes.

6. Assemble the shortcakes. Lightly dust the bottom of each horizontally wedge-shaped bowl. On the bottom half of each bowl, spoon about 1/2 cup of the fruit and garnish, add a dollop of whipped cream, and cover with the top half of the bowl. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES FOR SERVING: 200 CALORIES, 20% CARBOHYDRATE, 40% PROTEIN, 40% FAT. 1/2 cup almonds, 1/2 cup sugar, 1/2 cup flour, 1/2 cup milk, 1/2 cup cream.

LIME CORNMEAL SHORTCAKES WITH BLUEBERRIES

SERVES 10

ACTIVE TIME 1 HOUR

TOTAL TIME 1 hour 5 minutes

With the exception of lime and subtle traces of cornmeal, these shortcakes are easy on the eye. If using frozen blueberries, do not thaw. Unseasoned chocolate and lime may be flowers. Recipe may be halved.

Little Sips

- 1½ lbs. fresh peeled lime and
- 2½ cups sugar

What's Cookin'

- PREP: zaps all purpose flour
- 1½ cup cornmeal
- 1 cup sugar
- 1 Tbsp. baking powder
- 1 Tsp. baking soda
- 1 egg salt
- 1½ cup (1½) small washed seeded holes and into small pieces
- 2 Tbsp. finely-grated lime and
- 1 cup white sugar heavy cream
- 2 Tbsp. fresh lime juice

Blueberry Biting

- 1. Cut blueberries into 1/2 inch cubes
- 2. Prep sugar
- 3. Prep water
- 4. Prep, lime lime juice
- 5. Bake 10 min at 400°F. Use a baking sheet with parchment paper
- 6. Prepare the lime sugar. In a small bowl mix together lime and sugar. Use each
- 7. Prepare the shortcakes. In a large bowl, which separates lime, cornmeal, sugar, baking powder, baking soda, and salt. Using a pastry blender or a fork, cut butter into the flour mixture until the mixture is crumbly and the size of small peas. Stir in lime and
- 8. Combine the cream and lime juice in a measuring cup. It may be used for the

- 1. Preheat oven to 400°F. Line a baking sheet with parchment paper
- 2. Prepare the lime sugar. In a small bowl mix together lime and sugar. Use each
- 3. Prepare the shortcakes. In a large bowl, which separates lime, cornmeal, sugar, baking powder, baking soda, and salt. Using a pastry blender or a fork, cut butter into the flour mixture until the mixture is crumbly and the size of small peas. Stir in lime and
- 4. Combine the cream and lime juice in a measuring cup. It may be used for the



good and healthy

These shortcakes are rich in antioxidants, vitamins, and fiber. They're also a good source of calcium, potassium, and iron. They're also a good source of fiber and iron. They're also a good source of fiber and iron.

OR: Make a well in the center of the flour mixture and pour in the cream mixture. Mix with a fork until the dough is moist and crumbly to form a mound. Using your hands or a rubber spatula, mix the dough over about 8 times until it comes together. If the dough is a light yellowish-brown color and put it into small cups (about 1/2 inch deep). Cut the dough into 2 columns. Use your fingers to press the dough into a slightly flattened shape. Using a small spatula, flatten the column to the required baking shape. about 1 1/2 to 2 inches apart. Sprinkle lime sugar mixture on each side, pressing it in slightly with your fingers. Bake until golden and evenly brown on the outside, about 14 to 16 minutes. While the shortcakes bake, make the blueberry filling. In a medium saucepan, heat 1 cup of the blueberry sugar and water over medium heat. Cook gently stirring, about 10 minutes. When the

with a fork, until the berries are softened and juices are thickened, about 5 to 8 minutes. Remove from the heat and stir until lime juice. Then add cold cream sugar in lime juice, as needed. Cool 5 minutes. Then use a spooning 3 cups blueberry.

7. Assemble the shortcakes. Split the bottom half horizontally using a serrated knife. On the bottom half of each shortcake, spoon about 1/2 cup of the fruit and juice. Add a dollop of whipped cream, and cover with the top half of the shortcake. Serve immediately.

OR: Instead of making your own cream, use canned whipped cream. It's a good idea to use a good quality brand of cream. It's a good idea to use a good quality brand of cream.

For more information on this recipe, visit the website at www.healthyrecipes.com. You'll find more recipes and information on this website.

Parsley, Sage, Rosemary, and Thyme

Boost flavor and health with the 'Scarborough Fair' four some

BY KITT KROEMER MS RD RD PHOTOGRAPHS BY JILLIAN KELLER

Parsley, sage, rosemary and thyme are celebrated in flowers and herbals (1660s) for "Scarborough Fair" parsley, sage, rosemary and thyme. The song itself is hundreds of years old, and the plants have long had symbolic significance for health and wisdom in traditional lore. These fragrant plants have been used for centuries by cooks to add wonderful flavor to soups, vegetables, meats and seafood.

The four herbs fresh and dried have also been used since ancient times to treat gastrointestinal and respiratory ailments and conditions. Interestingly, modern research is now confirming the health benefits of these local oils. Parsley, sages and thyme are the most common of herbs in showing promising results. Much of the research on the cancer-fighting potential of these herbs are their phytochemicals in carotenoids. These natural chemical plant chemicals (particularly beta-carotene and lutein) are important for the regulatory antioxidant capacity of herbs.

Rosemary and thyme have the ability to affect the effects of herbs on other health conditions including cholesterol levels, appetite stimulation and blood pressure. While many studies are being carried out, and no herb has been shown to be a cure for cancer, these herbs are a good addition to a healthy diet.

**SALMON FILLETS WITH
PARSLEY, SAGE, ROSEMARY AND
THYME** 4-6-8

MAKES 4
ACTIVE TIME 15 MINUTES
PREP TIME 15 MINUTES
COOKING TIME 20 MINUTES

Cooking salmon on the grill is a healthy way to eat fish and easy cleanup. If you don't have a grill, place the packets on a baking sheet and bake at 350°F for 20 to 25 minutes. Here are four easy-to-use herb blends.

1. Parsley, sage, rosemary
2. Parsley, rosemary, sage
3. Parsley, sage, rosemary
4. Parsley, sage, rosemary, sage
5. Parsley, sage, rosemary, sage
6. Parsley, sage, rosemary, sage
7. Parsley, sage, rosemary, sage
8. Parsley, sage, rosemary, sage
9. Parsley, sage, rosemary, sage
10. Parsley, sage, rosemary, sage

1. Add 1/2 cup of parsley, 1/2 cup of sage, 1/2 cup of rosemary and 1/2 cup of thyme to a gallon size resealable plastic bag. Place the bag in the refrigerator and seal the bag. Turn the bag a few times to mix the herbs with the oil. Place the bag in the refrigerator for 24 hours, up to 48 hours.

2. When ready to cook the fish, remove the bag from the refrigerator. Place the bag in the refrigerator for 24 hours, up to 48 hours. Place the bag in the refrigerator for 24 hours, up to 48 hours. Place the bag in the refrigerator for 24 hours, up to 48 hours. Place the bag in the refrigerator for 24 hours, up to 48 hours.

3. Fold the bag open and place the fish in the bag. Seal the bag and place it in the refrigerator for 24 hours, up to 48 hours. Place the bag in the refrigerator for 24 hours, up to 48 hours. Place the bag in the refrigerator for 24 hours, up to 48 hours.

4. Place the fish in the bag. Seal the bag and place it in the refrigerator for 24 hours, up to 48 hours. Place the bag in the refrigerator for 24 hours, up to 48 hours. Place the bag in the refrigerator for 24 hours, up to 48 hours.

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PHOTOGRAPH BY JILLIAN KELLER



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Hannaford
Supermarket for
a special offer
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Figure 6

Large Reservations
To make reservations call
to toll free **CruiseCritic**
1-800-967-7674
or www.cruisecritic.com

1. **Identify the subject and predicate.**
 2. **Identify the main clause and any subordinate clauses.**
 3. **Identify the tense and voice of the verb.**
 4. **Identify the mood of the verb.**
 5. **Identify the subject and object of the verb.**

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 150,000 MILES

References

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Lawn chambers make it easy to store up to five containers with seeds. Seeds are made to be collected quickly! If you want to get a head start, the seeds can be removed ahead of time and refrigerated for up to 8 hours.

Replenish your seed supply with a new stream online at [SeedNet](#)

- 1 It's important to keep your hair clean and healthy.
- 2 Wash your hair with shampoo and conditioner.
- 3 Use a hairbrush to detangle your hair.
- 4 Avoid using too much hair product.
- 5 Eat a healthy diet to keep your hair strong.
- 6 Drink plenty of water to keep your hair hydrated.
- 7 Avoid using hot tools like blow dryers and curling irons.
- 8 Protect your hair from the sun with a hat or umbrella.

- 1 Place seeds in a gallon-size resealable plastic bag. Add 1 cup of the oil, ¼ cup of the salt, ½ cup of the pepper, and garlic to the bag. Massage with your hands and the

CONCLUSIONS

[illegible]

Quintus Clark's program
helps you quickly see how
it will affect you now

difficult to interpret and assign a ranking, but, as that point goes, the most interesting fact for the collector is that to grow in this place there is a hard layer below the soil for roots, stems and leaves to grow.

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Backyard Clambake

Fire up your grill for this flavorful seafood feast

BY KATHY GIBST PHOTOGRAPHS BY MARK FERR

A traditional clambake on the beach is a glorious affair. Dig a pit under sand, light a fire inside the pit, and fire a whole lot of fish and seafood. Then layer on the food—clams, seaweed, lobster, potatoes, sausage, corn. Last, cover the entire pit and wait while the food miraculously bakes below. The result is a scrumptious New England tradition that provides the perfect summer treat.

Fortunately, you don't need to dig a pit and spend the entire day waiting to enjoy the first round of a clambake. By using your backyard grill, plus our "bracket flipper" and "toss of ingredients" products, you can create a simple, delicious summer seafood meal.

Brisk clams cooked with chorizo, tomatoes and butter, sautéed corn and potatoes, easily

can go on the list. They steam open and taste so juicy that each sophisticated diner (the non-ohio state) lobster, grill a potatoes, grilling a potatoes, cooking in butter, slightly smoky corn. Corn, sautéed in the perfect accompaniment to any summer meal. A off-and-on, delicious version of traditional butter, sautéed in butter, sautéed in butter, sautéed in butter. Add some sautéed corn and add some — and lots of sautéed — and you're ready to eat.

CLAM, CHORIZO, AND TOMATO BUNDLES

SERVES 4 AS AN APPETIZER
125°F, 100°F, 100°F, 100°F
100°F, 100°F, 100°F, 100°F

If there are different sizes, group them by size for even cooking.

1. In a large pot, bring to a boil 10 cups of water, 1 cup of salt, and 1 cup of oil.
2. In a large pot, bring to a boil 10 cups of water, 1 cup of salt, and 1 cup of oil.
3. In a large pot, bring to a boil 10 cups of water, 1 cup of salt, and 1 cup of oil.
4. In a large pot, bring to a boil 10 cups of water, 1 cup of salt, and 1 cup of oil.
5. In a large pot, bring to a boil 10 cups of water, 1 cup of salt, and 1 cup of oil.

1. Wash clams under cold water and scrub to remove any sand or dirt. Divide clams, mixing 1 large packet of oil, 1/2 cup of water, 1/2 cup of oil, and 1/2 cup of oil. Then, check each packet and add a generous amount of oil. Wrap tightly with double wrap with another piece of oil. The bundles may be made up to 100 hours ahead of time, refrigerate and ready to grill.

2. Prepare grill to medium heat. Place bundles over direct heat and cook for 15 to 25 minutes. Depending on the heat of the grill, you can. Laid out clams will open in about 15 minutes, and chorizo and potatoes will take about 20 to 25 minutes. Using oven mitts, carefully open one of the hot packets to see if the clams have opened. If they have, remove from the grill, if not, continue to cook for 3 to 4 more minutes and check again. Remove packets when the majority have opened. Discard any clams that remain closed.

3. To serve, place packets on 4 shallow bowls, transferring clams to be cooked of the steam. Serve hot.

1. In a large pot, bring to a boil 10 cups of water, 1 cup of salt, and 1 cup of oil. 2. In a large pot, bring to a boil 10 cups of water, 1 cup of salt, and 1 cup of oil. 3. In a large pot, bring to a boil 10 cups of water, 1 cup of salt, and 1 cup of oil. 4. In a large pot, bring to a boil 10 cups of water, 1 cup of salt, and 1 cup of oil. 5. In a large pot, bring to a boil 10 cups of water, 1 cup of salt, and 1 cup of oil.





DELICIOUS ACCOMPANIMENTS FOR A BACKYARD CLAMBAKE

Provide hot and cold sides with a delicious array when the season:

- A variety of two or three potato sides (like the Gold)
- Grassy, balsamic, Pesto® or infused spreads from the Bakery
- For dessert, a refreshing watermelon wedge from the Cafe

GRILLED CORN ON THE COB WITH FLAVORED BUTTERS

SERVES 4

1/2 cup (125 mL) oil, salt, & pepper

100% TMR, 20% water

If possible, prepare the butter several hours in advance to allow the flavors to develop. Each butter recipe is roughly for 4 ears of corn, and is easily doubled. The butter will keep in the freezer.



good and healthy

Studies show that corn is surprisingly healthy. A 3-oz. portion of moist corn is a nutritious alternative and a very good source of fiber. That portion also contains about 140 mg of omega-3 fatty acids, and as long as the corn was harvested within the 3-day window, it only 600 calories.

Original Lime Butter

1. Prep: unsalted butter at room temperature
2. 1/2 cup (125 mL) oil, salt, & pepper
3. 1/2 cup (125 mL) lime juice

Savory Salt and Pepper Butter

1. Prep: unsalted butter at room temperature
2. 1/2 cup (125 mL) salt, salt, & pepper
3. 1/2 cup (125 mL) salt, salt, & pepper

Strawberry-Lime Butter

1. Prep: unsalted butter at room temperature
2. 1/2 cup (125 mL) salt, salt, & pepper
3. 1/2 cup (125 mL) salt, salt, & pepper

1. Prepare the flavored butter of your choice. Melt the butter in a small bowl without heat or a spoon. Add remaining ingredients and mix until well incorporated. Spoon with each butter. The butter may be made a day ahead if time, room and refrigeration. Bring to room temperature before serving.
2. Brush the grill until moderately hot, about 400°F. Place the corn directly on the grill and

- cook 4 minutes until melted. Gently turn the corn over and cook another 4 minutes.
3. Remove corn from the grill and serve hot with flavored butter sticks side.

Note: The nutritional values are based on one serving of butter on per ear of corn.

APPROXIMATE NUTRITIONAL VALUES PER SERVING OF CORN (3-oz. portion) (100% TMR, 20% water) (100% TMR, 20% water) (100% TMR, 20% water)

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VOID

Chicken on the (Global) Grill

Try an international take on a cocktail favorite

RECIPES BY KIMBERLY WATSON, STORY BY JANE DONNELLOTT PHOTOGRAPHY BY MICHAEL GOODMAN

Whether you like a simple or sophisticated, spicy or mild sauce in all America, you can find a chicken dish to please your palate. And in summer, grilling expands the many possibilities of this satisfying outdoor food.

Cold chicken is naturally for cool weather, but warm ones are more suited for the sparkling summer months. These chicken recipes as well as chicken sausage and burgers all cook rapidly on the grill and are looking for the optimal time to have on porch-like occasions when you go to cook and relax, too.

A meat marinade or vinaigrette will go a long way in infusing flavor in your grilled chicken. For this international collection, we've added a Thai-style peanut dressing to flavorful herb-lime thighs, a tangy garlic and mustard marinade to chicken kebabs, a balsamic glaze to simple chicken breasts and pulled chicken, and a papaya lime sauce to Greek-accented burgers.

Try one of these quick, healthy and

delicious takes on the old favorite. Thanks to diets here for every taste.

THAI-INSPIRED CHICKEN THIGHS WITH GREEN HERBS

SERVES 4

ACTIVE TIME: 30 MINUTES
TOTAL TIME: 1 HOUR 15 MINUTES

A spicy peanut sauce soaks these tender juicy chicken thighs. Serve the dish with crisp rice, salad, and coconut milk. A tangy lime herb dressing, like green papaya and garlic, is more easy.

INGREDIENTS

- 1 lb. thigh (pound) skin
- 1 tsp. oil (neutral) salad
- 1 tsp. minced garlic (minced)
- 1 tsp. peanut butter (peanut)
- 1 tsp. peanut oil
- 1 tsp. lime juice
- 1 tsp. soy sauce

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INSTRUCTIONS

1. Preheat grill to medium-high. Prepare the chicken. In a large bowl, whisk together peanut butter, peanut butter, soy sauce, garlic, peanut butter, soy sauce, and lime juice. Add chicken thighs. For the marinade, whisk the chicken thighs.
2. Brush the grill with vegetable oil. Place the chicken thighs on the grill and cook for 8 to 10 minutes, or until well done. Turn and continue to grill until done, about 8 to 10 minutes.
3. While chicken cooks, prepare the salad. In a food processor or blender, combine oil, coconut milk, vinegar, lime, sugar, lime juice, and salt and process until smooth. Place sauce in a large bowl and toss with dressing.
4. To serve, divide the salad among 4 plates. Place an equal portion of chicken on each plate next to the salad. Garnish with sprinkling of peanuts and extra herbs.

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4. To serve, divide the salad among 4 plates. Place an equal portion of chicken on each plate next to the salad. Garnish with sprinkling of peanuts and extra herbs.



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medium shrimp



sugar snap peas



chicken teriyaki



ginger scallion sauce



RECIPE: SHrimp & Veggie Lo Mein

Serving 4 (Weight 10 Meal)

Step 1: Heat 2 Tbs oil in a large skillet over medium-high heat and sauté shrimp 4-5 minutes.

Step 2: Add sugar snap peas and stir for 5 to 8 minutes until crisp-tender.

Step 3: Spoon in chicken teriyaki and heat in microwave for 2 to 3 minutes or until hot to serve after vegetables are cooked.

Step 4: Stir sugar snap peas well. Heat until the sauce and teriyaki are hot. Season to taste with salt and pepper.



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I agree that the above is a simplified view of the situation, but it is a view that is shared by many people in the industry. The fact that the industry is so divided is a testament to the complexity of the issue.



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¹ *Do you believe, anyone would dare, even the poorest child?*



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TELLERS: -4 Every person shall receive one vote and the vote of the majority shall prevail.

RESEARCH | *Language systems*
Neuroscience | *Alcohol*

DOI: 10.1002/for

RESEARCH DESIGN 28 steps, 100 pages

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11. <http://www.ck12.org/Book-Search>

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ERC ingredients, in they are all about the same size (around 100 and will be smaller). Consider them as a serving food and your appetite will be satisfied. (Note: not correct)



Manuscript accepted by *Journal of Interpersonal Violence* 10/20/2014

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